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PRESS RELEASE

Prague/ Brussels, 17th June 2021

European Ageing Network publishes its report on nutritional care

New guidelines for minimising mal-nutrition and promoting well-nutrition in elderly care

The European Ageing Network ([EAN](#)) has published its guidelines for promoting well-nutrition in elderly care settings. The report is the fruit of a multi-disciplinary taskforce of nutritional and elderly care professionals and is meant to help managers of elderly care organisations across Europe to shape the nutritional journey in order to keep their serviced older people as long as possible both healthy as well as happy.

“Well-nutrition is one of unquestionable part of long-term care”, says Jiri Horecky, President of the European Ageing Network. “We have to be aware that not only what but also how we eat and drink has a huge impact on the quality of life of older people receiving long term care. In February 2020 EAN set up a taskforce to develop guidelines for managers to help them tackle the problem of malnutrition. The taskforce considered all aspects of eating – from a social, cultural, medical, economic and organisational point of view. Special attention is paid to nutritional care in the palliative phase, as this stage of life requires specific nutritional approaches.

The mission of the taskforce, composed of EAN members, representatives of the European Federation of the Associations of Dietitians (EFAD) and nutrition industry, was to draft practical guidelines based on literature and practice. The final report – available now in English, and to be translated in French and German soon - includes also best practices and handy tips for organising the nutritional journey in elderly care facilities.

The report Promoting well-nutrition in elderly care settings is available via the [EAN website](#). For more information, you can contact the EAN Secretariat via info@ean.care.

*The **European Ageing Network (EAN)** groups more than 10.000 care providers across the European continent. Members represent all types of organisations and individuals active for older persons and all types of ownership including for profit, not-for-profit and governmental organisations. It is their vision and mission to improve the quality of life for older persons and support them in making each day a better day for by providing high quality housing, services and care. The organisation is present in 25 European countries and its members are servicing over 1 million older people in Europe.*